Electronic Version
Stylesheet Version v1.1.1

Claims

[c1] A free-standing rotatable support apparatus useful for physical training comprising:

A support base,

A rotatable shaft extending upward from the support base,

A bearing locator for positioning at least one bearing for the shaft above the support base,

A transverse member secured to the shaft and spaced from the support base,

A training target depending from the transverse member laterally spaced from the shaft, and

A drive for rotating the vertical member.

[c2] The apparatus of claim 1 wherein the support base comprises a flat plate.

[c3] The apparatus of claim 2 wherein the flat plate is circular.

[c4] The apparatus of claim 2 wherein the flat plate is rectangular.

[c5] The apparatus of claim 2 wherein the flat plate is polygonal.

[c6] The apparatus of claim 1 wherein the support base comprises three or more outwardly extending legs.

[c7] The apparatus of claim 1 wherein the transverse member is reinforced with truss supports.

[c8] The apparatus of claim 1 wherein a length from the shaft to a farthest end of the transverse member is greater than a distance from the shaft to a furthest point on the periphery of the support base.

[c9] The apparatus of claim 1 wherein the drive comprises an electric motor.

[c10] The apparatus of claim 9 wherein the motor is a reversible motor.

[c11] The apparatus of claim 10 wherein the motor is a variable speed motor.

[c12] The apparatus of claim 11 further comprising a controller for the motor.

[c13] The apparatus of claim 12 wherein the controller is a local control, a remote control, or a programmable control mechanism.

[c14] The apparatus of claim 1 wherein the training target comprises a heavy bag, a punching bag, or a speed bag.

[c15] The apparatus of claim 1 wherein the training target comprises polymer foam.

[c16] A method for conducting physical training with the apparatus of claim 1 comprising:

Positioning the apparatus on a floor of a training area,

Rotating the target in a circular arc around the shaft while a trainee spars with the training target.

[c17] The method of claim 13 further comprising randomly varying direction of the rotation.

[c18] The method of claim 14 further comprising randomly varying speed of the rotation.